

Movement Class Schedule

April 3-June 30, 2017

Spring Movement Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 pm – 1:00 pm	FUNctional Fitness Red Brick Courthouse, 105 <i>Daria</i>	Pilates Red Brick Courthouse, 105 <i>May Lu</i>	Zumba Sentao Red Brick Courthouse, 105 <i>Carrie</i>	ABSolute Fitness Red Brick Courthouse, 105 <i>Leigh Ann</i>	Zumba Red Brick Courthouse, 105 <i>Lili</i>
4:30 pm – 5:30 pm		Zumba PSHQ, Cafeteria <i>Allison</i>	Yoga PSHQ, Cafeteria <i>Mana</i>	Zumba PSHQ, Cafeteria <i>Allison</i>	
5:15 pm- 6:15 pm			Yoga 8630 Fenton St. 10 th Floor <i>Rachel</i>		
5:30 pm – 6:30 pm		Yoga Red Brick Courthouse, 105 <i>Ariana</i>	Yoga Red Brick Courthouse, 105 <i>Kristen</i>	Zumba Red Brick Courthouse, 105 <i>Carrie</i>	



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ABSolute Fitness Ab-centric exercises paired with stretching and relaxation. Please bring a mat and water.

FUNctional Fitness Challenge your endurance and build your strength with cardio and strength moves combined with a variety of equipment. Get ready for a fun workout! Bring a mat and water.

Pilates Strengthen your core and stretch your entire body with this low-impact class based on exercises by Joseph Pilates. Find your center, strength, and relaxation. Bring a mat and comfortable clothes. Socks or bare feet suggested.

Yoga Let the rhythmic movement and breathing of yoga melt stress away. The ancient practice of yoga can stretch the entire body and gentle relaxation will help you re-enter your day centered and calm. We suggest a yoga mat and bare feet or socks.

Zumba A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Smooth-soled sneakers and water are recommended.

Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

Classes will be canceled on the following dates:

- May 29, 2017- Memorial Day

Inclement Weather Policy:

When Montgomery County Government offices are closed at the time of the class (due to snow, emergencies, etc.) LiveWell events and classes will be canceled. Participants will be notified via email of any other class changes or cancellations.

Questions? Contact us at:

LiveWell@montgomerycountymd.gov

Red Brick Courthouse: 29 Courthouse Sq. Rockville, MD, Room 105
Public Safety Headquarters: 100 Edison Park Dr. Gaithersburg, MD, Cafeteria
HHS Fenton St: 8630 Fenton St. Silver Spring, MD, 10th floor

LiveWell programs are open to insurance-eligible, Montgomery County Government & participating agency employees. FOP Members are ineligible to participate in *LiveWell* programs. Reasonable alternatives and accommodations available upon request.